



JHANELLE PETERS

SPORTS PERFORMANCE SPEAKING
ENGAGEMENT & WORKSHOP MEDIA KIT

Building strong minds for stronger performance.

CREDENTIALS

Masters (M.A.) in
Counselling Psychology

Registered Psychotherapist

Former Sports Psychology Coordinator
for **Pepperdine University**

Former Mental Health Clinician
for the **Toronto Raptors**

Media Expert

Public Speaker and
Mental Health Facilitator

Bachelor of Science in
Health Promotion

Mental Health Consultant
for Grass Root Organizations

Masters Certificate in
Adult Education

Learning and Organizational
Development Certificate

Change Management Certificate

NCAA Sport Psychology
Programming Developer



CALLIEDY



GALLERY

WORKSHOPS OFFERED

All workshops have been skillfully developed and crafted by Jhanelle Peters.



BUILDING CHAMPIONS

Learn how to contribute effectively within a team system to achieve shared goals, moving beyond individual ambition to collective success.



BOUNCE BACK

Develop the resilience and focus needed to perform under pressure, overcome setbacks, and maintain a winning mindset.



CREATING A HIGH PERFORMER

Unlock the secret to transcending external validation and building unshakeable inner confidence for peak performance.



A GROWING MINDSET

Explore cultivating a growth mindset to overcome challenges, embrace learning, and unlock their full athletic potential.



PROGRESS VERSUS PERFECTION

Gain insight into that performance stems not from achieving flawlessness but from embracing consistent improvement and progress in their skills.



PERFORMING WHILE ANXIOUS

Overcome performance-hindering anxiety by exploring the psychology behind its impact and developing strategies to move forward and achieve peak performance.



BUILDING THE ULTIMATE TEAM

Equip athletes and coaches with the elements needed to build foundational team dynamics necessary for high performance and success.



BENEFITS OF THE WORKSHOP

MENTAL TOUGHNESS

Develop the resilience and focus needed to perform under pressure, overcome setbacks, and maintain a winning mindset.

CONFIDENCE

Build unshakable self-belief through proven strategies that help athletes trust their skills and excel in high-stakes moments.

FOCUS & DISCIPLINE

Sharpen mental clarity and concentration, ensuring peak performance in training, competition, and beyond.

TEAM DYNAMICS

Strengthen communication, trust, and leadership within teams, fostering a culture of accountability and success.

PRICING & PACKAGES

STANDARD WORKSHOP

Duration: 1-hour online interactive workshop

Includes:

- Consultation with the organization
- Psychoeducation-based content
- Interactive reflection & awareness checkpoints
- Wellness-based exercises
- Strength-based therapy tools
- No modifications
- 50+ participants

STARTING RATE: \$6,000 + HST

MODIFIED WORKSHOP

Duration: 1-hour online interactive workshop

Includes:

- Consultation with the organization
- Psychoeducation-based content
- Interactive reflection & awareness checkpoints
- Wellness-based exercises
- Strength-based therapy tools
- Slight modifications to tailor the workshop
- 50+ participants

STARTING RATE: \$7,000 + HST

PRICING & PACKAGES

CUSTOM WORKSHOP

Duration: 1-hour online interactive workshop

Includes:

- Tailored content development
- Consultation with the organization
- Content outline
- Psychoeducation-based content
- Interactive reflection & awareness checkpoints
- Wellness-based exercises
- Strength-based therapy tools
- 50+ participants

STARTING RATE: \$8,000 + HST

IN-PERSON WORKSHOP

Duration: 1 hour

Includes:

- Consultation with the organization
- Content outline
- Psychoeducation-based content
- Reflection & awareness checkpoints
- Wellness-based exercises
- Strength-based therapy tools
- 50+ participants
- Travel expenses not included

STARTING RATE: \$10,000 + HST

SUCCESS STORIES & IMPACT



PEPPERDINE UNIVERSITY ATHLETE

"This was the first mental health activity that didn't feel like a lesson, but taught us something."



PROFESSIONAL ATHLETE

"I look forward to workshops with Jhanelle because I know she will find an engaging and realistic way for me to improve my athletic ability."



TENNIS CANADA PARTICIPANT

"Jhanelle has the gift of commanding a space and holding your needs at the same time, that is not easy."



UNIVERSITY OF TORONTO ATHLETE

"I really liked her style - very accessible and relatable, with real-life examples that people can relate to."

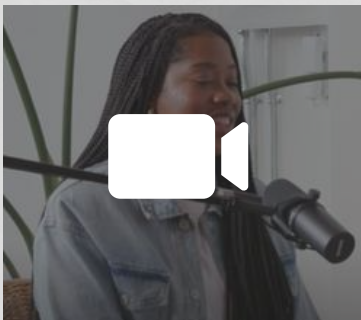


JHANELLE IN THE MEDIA

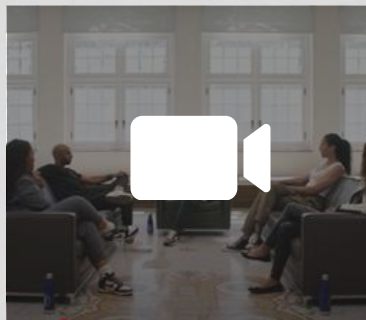
Jhanelle loves sharing knowledge that helps others thrive. Through interviews, podcasts, and features, she offers practical advice to support personal and professional growth.

With that, she's excited to share a selection of content she has participated in—each offering valuable lessons and perspectives.

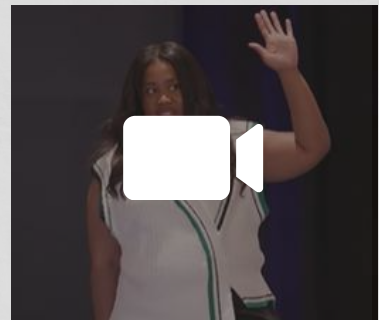
Simply click on content previews below to view and explore.



**DREAMS DON'T HAVE
DEADLINES PODCAST**



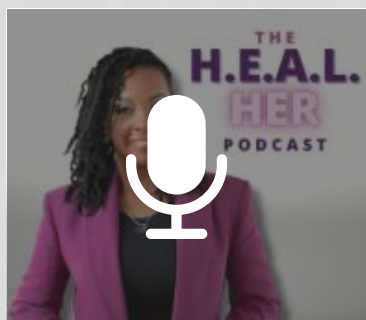
**JOE'S BASKETBALL
DIARIES**



**NCAA
LEADERSHIP FORUM**



**ONPHA WORKSHOP
FEATURE**

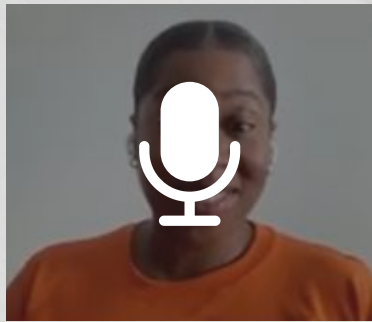


THE HEAL PODCAST

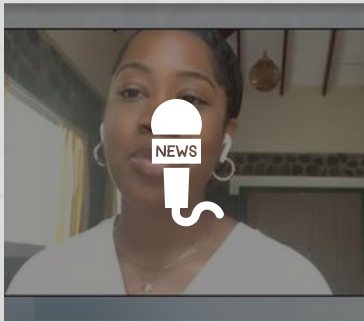


**BUT WHAT DO I KNOW
PODCAST**

JHANELLE IN THE MEDIA



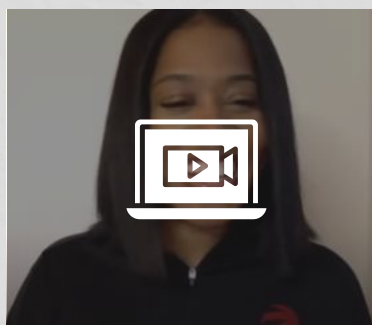
**CBC LISTEN
FEATURE**



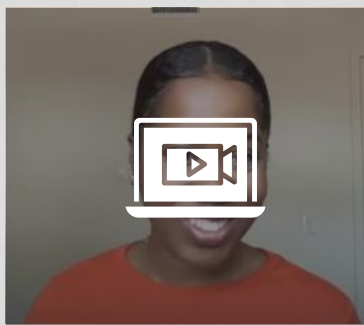
**CITYNEWS EVERYWHERE
FEATURE**



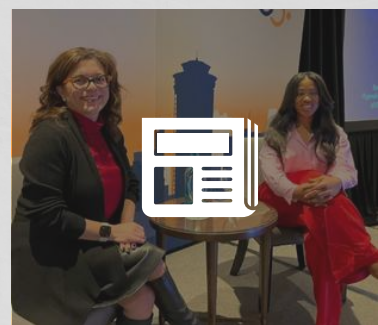
**CP24WORLD MENTAL
HEALTH DAY**



**COVID MENTAL HEALTH
IMPACT WORKSHOP**



**BANISH BURNOUT
WEBINAR**



**WINNIPEG FREE PRESS
FEATURE**



**CBC LITE ARTICLE
FEATURE**



**WINNIPEG CHAMBER OF
COMMERCE ARTICLE**



**THE KIT ARTICLE
FEATURE**

NEED HELP DECIDING IF WE'RE THE TEAM FOR YOU?

Jhanelle has a special message to share with you.



TRAIN THE MIND. TRANSFORM THE GAME.

Let's equip your team with the mental resilience
and strategies to perform at their best.

LET'S TALK



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[@jhanellepeters](https://twitter.com/jhanellepeters)



[@jpeterspsychotherapy](https://www.instagram.com/jpeterspsychotherapy)

